



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS

#145 – March 2013



A Longleat Race Report and Rant

Eight hundred runners lined up for the Longleat 10K organised by 2:09 Events and marked the kick off for the 2013 Wiltshire Road Race League. It was good to see so many yellow vests on the start line as we attempt to retain our county title.

Michael Towler led the way with Ewen Malloch of Team Bath for company and by halfway they had a good lead over the rest of the field. However on the final climb at 8K out of Horningsham village the Team Bath athlete took the lead and despite a spirited charge by Mike down the Lodge Drive to the finish outside of Longleat House couldn't quite bridge the three second gap that remained with 34:48 timing.



In the Ladies race it was Ruth Barnes who dominated, clocking 37:17 on the hilly course and taking victory by over a minute from Lucy Richens of Westbury Harriers. The Lions head medal that we got for completing the course is definitely a keeper!

With five runners in the top-20 and good results by our Ladies we managed to claim the maximum League Points for this race ahead of Slinn Allstars 'A' and our 'B' team ahead of Chippenham Harriers 'A' in fourth place. Or so we thought....



Michael Towler sets the early pace with eventual race winner Ewen Malloch

I then started to get reports from Avon Valley Runners and other clubs that members were missing from the results. Reporting these discrepancies to Race Timing Systems who were managing the results on behalf of 2:09 events these were quickly rectified. However it highlighted a problem that I have previously mentioned with regards to the reliance on computerised results services and now having seen the source data that was used just serves to emphasise the message **YOU NEED TO TAKE CARE WHEN REGISTERING FOR RACES**. I saw several variances on our club name "Avon Valley", "Avon Valley RC" and "AVR" being the popular deviances from what should be "Avon Valley Runners" – by the way "City of Salisbury A&RC" and "Team Bath AC" had just as many varieties. There were also a number of Avon Valley Runners who didn't enter a club at all and so showed up as UNATTACHED – Ruth Barnes being one, but at least when she realised her error, contacted Race Timing Systems to have this corrected before the start of the race.

Please send Reports or Articles to news@avonvalleyrunners.org.uk

There was also one Avon Valley Runner who managed to enter himself as a Lady and another who turned out not to be an Avon Valley Runner at all.

The net result being that Avon Valley Runners ‘A’ still stay top with a better score than originally published and Team Bath AC move into second behind us with Slinn Allstars third. Chippenham Harriers who also had their fair share of ‘data entry’ issues took fourth place with Avon Valley Runners ‘B’ in fifth.



You’ve been warned, fill it in properly or risk your performance not counting!

The next event in the Wiltshire Race League is the Devizes 10K on 3rd March, let’s enter this race properly!



Number 2705 maintains a grave look as he hears of ‘data entry’ issues whilst Team Dark Glasses checks with his Speak and Spell for his correct nomenclature as Rebekah Scott jogs on by...

League standings following Longleat 10K;

Pos.	Team	M-Score	F-Score	Total Score	Points
1	Avon Valley Runners - A	473	459	932	20
2	Team Bath AC - A	322	467	789	19
3	Slinn Allstars - A	338	402	740	18
4	Chippenham Harriers - A	341	327	668	17
5	Avon Valley Runners - B	431	67	498	16
6	Salisbury A&RC - A	196	177	373	15
7	Swindon Striders - A	193	0	193	14
8	Corsham Running Club - A	80	93	173	13
9	Highworth Running Club - A	72	55	127	12
10	Swindon Harriers - A	83	0	83	11
11	Team Bath AC - B	0	77	77	10
12	Chippenham Harriers - B	0	0	0	0
13	Calne SMaRTT - A	0	0	0	0
14	Wootton Bassett Hounds - A	0	0	0	0

Darren Wrintmore – Vice-President of Avon Valley Runners and Wiltshire Road Running Secretary

Only 24 Minutes from Tulse Hill

During a recent site visit in my ever pressing quest to aid in the upgrading of the railways of the world I found myself in the rather less salubrious South London Borough of Lambeth and in particular, Clapham. The visit included three nights in a no star bed and breakfast followed by long days fathoming some unfathomable geographical signalling circuits.



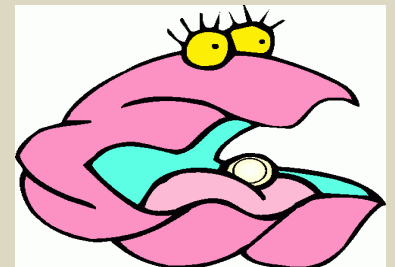
In order to clear my head before and after work I chose to get some exercise and initially used Clapham Common to run round but due to the lack of daylight found the experience rather sinister as I dodged the dodgy and unsavoury characters that

lurk in the bushes and found that I was shouting *Oi* rather a lot as they emerged from their hiding places as I approached. I soon tired of doing the *Lambeth Walk* and so adjourned to my room to study the *A-Z* to find a suitable alternative, and with *Gene Pitney* blasting out on the bedside radio cum teasmade I struck upon a plan to find out if I was in fact only 24 minutes from Tulse Hill.



The following morning before breakfast I headed out along the route I had planned the previous evening but after nearly an hour of running I found myself at Shepherds Bush city limits. For Ikes sake, I'd only picked the one direction which led me from the supposed golden path!

Luckily I was equipped with an Oyster card and not fearing the reaper took a Southern service back to Clapham. I felt somewhat up the junction as I reflected on my folly and also a little out of place wearing running apparel next to a sharp dressed man on the train. Having no time for breakfast when I got back I hastily showered and headed off to work explaining on the way to a colleague my plan, upon hearing my plight all the girls on the bus kept on laughing at us as we rode the number 10, but I was determined to prove to myself that I was only 24 minutes from Tulse Hill.



That same evening I left them all drinking in a bar and headed out along Lisson Grove then into Rossmore Road and hurdling the safety barrier that runs down the middle I chanced upon the correct route and 21 minutes later found myself on Melancholy Hill and 3 minutes after that Tulse Hill! – Victorious in my quest, I knew I wasn't dreaming an impossible dream and I thought to myself I'd love to stay here and be normal, but it's just too over rated and so headed back to tell my tale and there you have it!

Richard Morgetroyd

Give us this day our daily Banana Loaf

Reader **Hayley Southgate** from Melksham has sent in this tasty recipe for a banana loaf, I know it's tasty because there were some crumbs of it on the grease proof paper which she had kindly scribed the ingredients and method on! – Put the oven on and *ready, steady cook*:

There can't be many people who don't enjoy bananas. A fantastic pre and post run snack that comes in its own handy carry-case! - An excellent source of vitamin B6, soluble fibre, and contains moderate amounts of vitamin C, manganese and potassium.

I for one look forward to the cake stand at the end of a hard race, but if as it sometimes happens for us less speedy people that the table is bare once the finish line has been crossed, then how about making this easy recipe & taking your own along.

Also useful if you overdid the Buy One Bunch, Get One free offer.

Ingredients*

- 2 large bananas peeled (over ripe)
- 170g/6oz soft vegetable fat spread (e.g. Stork, Utterley Butterly, etc.)
- 170g/6oz granulated sugar
- 170g/6oz self raising flour
- 2 large eggs
- A few drops of vanilla essence

Preparation Method:

- Pre-heat the oven to Gas Mark 3/170°C/340°F
- Grease a 1lb loaf tin
- In a mixing bowl, squash the bananas & vegetable spread with the back of a fork
- Throw the rest of the ingredients into the bowl and beat with a wooden spoon until well mixed
- Pour the contents of the mixing bowl into the loaf tin and place in the oven for about 50 minutes
- Check the loaf is cooked by inserting a wooden skewer in the centre; it should come out clean, if not then cook for a little longer before turning the loaf out onto a cooling rack.



Serve hot with custard or slice up when cold & spread with a little butter, wrap in foil and pop it into your snap tin to enjoy at your leisure during your 10 o'clock tea break.

Wrap any uneaten loaf in greaseproof paper or foil and store in a tin for up to 2 days. It will last longer in the fridge unless your family are like vultures!

*I usually mix a double batch and bake 1 large or 2 separate small loaves at the same time.

Presentation Evening and a Tale of Running Inspiration

Heavy snow had fallen but we still had an incredible turnout at the AVR and DB Max Tri presentation evening at the Farmhouse in Southwick on Friday 18th January.

A fine feast and disco organised by the lovely Jules Green set the evening off to a great start. Huge thanks also go to Tina Vivian who once again sourced all the trophies and coordinated the safe changeover to founder member Ted Rockliffe and Chairman Andy Hoddinott who presented the awards. It was great to share the evening with our friends from DB Max tri club.

This will be my fifth year of running. Before I joined Avon Valley Runners I would trawl over the results page of the AVR website in amazement at the times achieved by some of those who inspired me and I would like to thank them for their part in a much loved journey I am having in the running world. Jackie Rockliffe, Ali Atkinson, Karen Butler, Kathy Kinsey, Jo Mumford, Claire Howard, Kay Middleton, Sue MacGregor were just a few that come to mind, going back even further I remember the great adrenalin rush I had after running my first ever mile without walking. I burst through the door and said to Sean, "I love it, I think I could run a marathon!" we both fell about laughing. I shall embrace my fourth marathon this year.

One of the first experiences of racing was at the Melksham 5k and I was excited at the progress I was making. But I could not catch the "Buzzard", neither could I work out why someone would travel all the way from Leighton Buzzard to run a midweek 5km race, it turned out to be our very own and adorable Jilly, who is still known to us as the "Leighton Buzzard".

The greatest ever female AVR runner still inspires us today and she epitomises what is great about running, AVR and competition. - Rosemary Barber is who we all look to for inspiration.

An outstanding 2012 for Joby Hobbs who was awarded most improved, fastest Marathon and won both off-road and road series championships, Joby's dedication to training is 100% and he is another great credit to Avon Valley Runners. The Hobbs family continue to be the most proficient family we have within our club and we are lucky to have their involvement over so many years.

It was a great honour for me to receive some awards at the presentation evening. Here are all the awards:

Ladies Awards

Road Championship			Most Improved	Best WAVA
FSen: Ruth Barnes	FV40: Fiona Price	FV60: Rosemary Barber	Fiona Price	Fiona Price 80.40%
Fastest Marathon	Road Race Series			Stan Farr Boxing Day 5K
Fiona Price 3:28:02	1. Fiona Price	2. Helen Maria	3. Jo Mumford	Sarah Sims
Off Road Race Series			Stan Farr Award FV50	Nan Simpson Award FV60
1. Denise Ellis	2. Tina Vivia	3. Milly Oughtibridge	Tina Towler	Rosemary Barber

Men's Awards

Road Championship			
MSen: Michael Towler	MV40: Warren Wade	MV50: Mark Harris	MV60: Andy Lawrence
Most Improved	Best WAVA	Fastest Marathon	Frank Allen Award MV50
Joby Hobbs	Andy Lawrence 83.11%	Joby Hobbs 2:56:03	Richard Southgate
Road Race Series			Ted Rockliffe Award MV60
1. Joby Hobbs	2. Thomas Coney	3. Richard Morgetroyd	Bernie Hobbs & Frank Lamerton
Off Road Race Series			Stan Farr Boxing Day 5K
1. Joby Hobbs	2. Tim Lowrie	3. Bernie Hobbs	Michael Towler

DB Max awards included:

- Club Championships – John Kingwell and Diane Hier
- Best Newcomer – Ian Isaacs
- Best Performer – Nigel Evans (Ironman UK 70.3)
- Most Improved – John Buchanan
- Club Ambassador – James Hart

Over and above these awards, life memberships were given to: Denise Ellis, Rosemary Barber, Alan Hayes, Alistair Bartlett and Mike Towler.

Denise Ellis's contribution to the club over the years has been fantastic and she's fulfilled just about every role. Not only has she won the 2012 off-road series but she deservedly gained a life membership award.

Andy Lawrence managed to win the WAVA percentage which is a good measure of how athletes can be compared as equals throughout the age and gender groups so well done to Andy in his first year as an AVR member. Frank and Bernie will continue to push Andy in the V60 category, we must have the finest three V60's in the UK.

Mike Towler continues to win awards, win races, make newspaper headlines and break club records. Whenever I talk about how proud I am to be a member of AVR to non-runners they always say, "I've heard of Mike Towler". Mike is another great ambassador for our club.

Well done to all the award winners and all those that pushed them to those achievements. Here is looking forward to 2013, a year of more competitions, more inspiration, and more awards from the best runners Wiltshire has to offer, Avon Valley Runners.

Fiona Price

All Those Years Ago

Tales from the "Valley" 5, 10, 15 & 25 years ago:

<p>2008: Spring time medal haul for AVR at Devizes 10K on Sunday 9th March as Tom Frost, Carl Davies and Alistair Bartlett claimed the third men's team prize; meanwhile Pete Jones claimed 3rd MV50, Tina Giles 1st FV40 and 2nd lady as well as being part of the 1st ladies team, Ali Atkinson was 2nd FV40 & part of the 1st ladies team along with 2nd FV50 Rosemary Barber.</p> <p>Kay Middleton was 3rd FV40 and Tina Vivian 3rd FV50.</p>	<p>2003: A pre-Easter event at Eastleigh attracted Les and Linda Unsworth; they ran the Hampshire town's 10K race in 46:23 and 54:48 respectively.</p> <p>Meanwhile on Sunday 30th March Sue MacGregor and Denise Ellis trod the Chedworth Roman Trail, with Sue crossing the line of this 10 mile multi-terrain race in 1:36:38 and Denise 1:37:06.</p>
<p>1998: The Trowbridge Lions 2K Fun Run was hotly contested by four members of Avon Valley Runners on Sunday 22nd March. First of the team home and claiming 2nd place overall was Sam Ghey in a time of 12:04 ahead of Luke Hobbs who claimed 5th place in a time of 13:57 ahead of brother Joby who was the last of the team to finish in a time of 16:22. Oh how times have changed between the Hobbs brothers!</p>	<p>1988: Mike Gerrish had a battle on his hands as he attempted the Hastings Half Marathon on Sunday 13th March; he crossed the line in a time of 1:35:00.</p> <p>Judy Farr claimed the 1st female vet runner prize when she completed Paulton 10K in a time of 45:49.</p> <p>Maurice Cockell was awarded the 1st male vet prize at the Sutton Benger 10 mile race on Sunday 26th March when he completed the course in a time of 1:00:21.</p>

Born Free so Run Free

In order to promote a more interactive approach and to create new content for the Valley News we are introducing a new competition whereby the club will pay up to £30.00 towards race entry for an event which you have chosen to enter. As with all amazing offers there are a few terms and conditions to which you must agree and adhere to; however all you have to do to be in with a chance of running free is to write up to 50 words on where, when and why you have chosen to target a particular running event to enter.

Don't worry about spelling, punctuation or grammar; that's not important what we are looking for is inspiration, motivation and originality. Once you have completed your written piece send it to news@avonvalleyrunners.org.uk.

We are running this competition bi-monthly and entries for the first one are due in by 20th March and on 20th of every other month thereafter.

You won't get told you have won until you read your piece in the Valley News which usually comes out about 10 days after the competition deadline.

Terms and Conditions

- You can only win once within a 12 month period
- Race entry fee up to a maximum of £30.00
- You are obliged to write a follow up piece for the Valley News once you have completed your targeted event
- This competition is open only to paid up members of Avon Valley Runners and is being set up on a trial basis so please encourage other members to participate
- Any questions please write to secretary@avonvalleyrunners.org.uk